



American Red Cross Lifeguard Certification Course

Erin Lau

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Dates and Location

Pre-Course: Saturday, May 12, 2018 11:00am – 1:00pm

Held at Ravenswood Pool – 400 SW Ravenswood Lane, Port Saint Lucie, FL 34983

In-Person Sessions: Monday-Friday, May 14 – 18, 2018, 3:00pm – 8:00pm

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Length: 25 hours (Also plan on an additional 7 hours at home for completing the eLearning modules)

100% attendance required. This is a blended learning course, and students are required to have internet access and complete eLearning modules before attending each in-person session. Failure to complete the eLearning modules will result in dismissal from the class.

Course Description

The class is designed for entry-level participants at all facility types.

Successful completion of course certifies participants in Lifeguarding, First Aid, CPR, AED, Emergency

Oxygen Administration, and Bloodborne Pathogens Training. Certification valid for 2 years.

You will learn the following:

- Surveillance skills to help you recognize and prevent injuries
- Rescue skills – in water and on land
- First aid training and professional rescuer CPR with oxygen administration
- Professional lifeguard responsibilities

Price

\$200.00 for Full Course (\$161.00 St. Lucie County/\$39.00 American Red Cross)

Pre-Requisites

- Must be at least 15 years old, please bring a form of ID for proof of age. If under the age of 18, must have parent signature
- Swim continuously for 300 yards, using the front crawl, breaststroke, or a combination of both
- Timed event: Swim 20 yards, surface dive to a depth of 6 feet, swim along the bottom for 10-15 feet and retrieve a 10 pound brick. Swim back 20 yards with the brick and exit the pool without using the steps or ladder within 1 minute and 40 seconds
- Tread water for 2 minutes using only legs

Enrollment

Email Erin Lau at LauE@stlucieco.org to pre-enroll, you will not be allowed in the class if pre-enrollment has not been completed. Bring your own pocket mask, whistle, and swim suit. Payment is required in full upon completion of the pre-course.